



INCLUSION
R E S E A R C H
EXPERTS BY EXPERIENCE

BIG SURVEY 2024

**Signposting about
your concerns**



Useful Information and resources

Fix My Street

Some people were unhappy about their access to different places including leisure activities because of potholes, broken pavements etc.

Report local issues like potholes, broken pavements etc. There is also an app that people can download. They state that they will provide people with an update within ten working days.

<http://bit.ly/4oWEJXM>



Travel Training

Some people said that they did not feel confident to travel alone to do things that they enjoy.

Personalised, practical support to learn specific journeys with a travel trainer who will accompany you on public transport until you are confident to travel alone. You can refer yourself online for this or someone can refer you.

<http://bit.ly/45UHShY>



Why has this leaflet been created?

Inclusion Gloucestershire make a survey every 2 years to find out what is important to disabled people. At the end of 2024 we asked disabled people to tell us what their concerns are and what needed to change.

This leaflet has been made to highlight where there are services and support available for the concerns raised in the Big Survey.

It is one of the ways that we are taking action based on what disabled people told us needed to change.

Copies of the report can be found on Inclusion Gloucestershire's website.

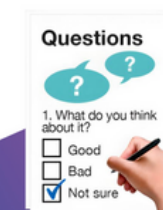
Full report: <http://bit.ly/4quKsEW>

Easy read report: <http://bit.ly/48IEQ3v>

Executive summary: <http://bit.ly/4qsbZXp>

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Big Survey 24/25 Report



A report by
Inclusion Gloucestershire
July 2025

Advocacy



People said they didn't know what advocacy is, didn't feel confident to speak up or didn't know where to get support.

Inclusion Gloucestershire can give advocacy and mentoring support, where a worker will listen to what you want and make a person-centred plan. You can refer yourself online for this or someone can refer you <http://bit.ly/49d1d17>. You can also access this via the QR code:



Unboxed

Neurodivergent 1:1 Peer Mentoring

As a **“Mentee”** you can receive 1:1 peer support to explore your experience of neurodivergence.

As a **“Mentor”** you can use your own lived experience to support someone else who identifies as Neurodivergent and receive training to become a volunteer “Peer Mentor”.

You can register your interest to become either a Mentor or Mentee here: <https://bit.ly/43b3xSL>.



Talking Therapies

Some people weren't aware that they can refer themselves for talking therapies.

NHS Gloucestershire Health and Care offer free Cognitive Behavioural Therapy (CBT) which is a form of help for mental health problems. **You can refer yourself online for this: <http://bit.ly/3JtsFNx>**



Mental Health Helplines

Samaritans

Call: 116 123

Email: jo@samaritans.org

Write a letter: Freepost SAMARITANS LETTERS

SAMARITANS

SHOUT

Text: 85258



CandO

Call: 0808 801 0606

Email: cando@rethink.org

CandO
Connect and Offload

Social Hubs and Groups



Inclusion Hubs

Led by disabled people for disabled people. At the Hubs you can socialise, build confidence, make new friends, get wellbeing tips, take part in courses and workshops.

Gig Buddies

Matches adults with learning disabilities and autism to volunteers who enjoy similar music to create connections and break down social barriers.


<https://gigbuddiesgloucestershire.org.uk/>

Social Buddies

Brings together adults with learning disabilities and local volunteers who share interests and hobbies and have similar personalities.

<https://www.buildingcircles.org.uk/social-buddies>

If you are interested in any of Inclusion Gloucestershire's services or want to get in touch about our research then please use the details below:

 01452 234003

 research@inclusion-glos.org



<https://www.inclusiongloucestershire.co.uk/>

Inclusive Activities

People expressed that they were not aware of social groups and inclusive activities for disabled people.

You're Welcome Gloucestershire

Gloucestershire's online inclusive activity finder, where you can search by location, your access requirements and interests.

<https://yourewelcomeglos.org/>

There are lots of different accessible leisure activities that you can find on the You're Welcome website, here are examples of some of them:

Goals Beyond Grass - Gives disabled people more opportunities to engage in social sports and social activities throughout Gloucestershire. This includes powerchair football and inclusive cycling, with adapted bikes. **07907 113145**

<https://goalsbeyondgrass.co.uk/>

Together We Can - Inclusive activity club for people with disabilities, based in the Forest of Dean. Open to anyone of any age. They run weekly activities and days out.
<https://www.togetherwecan2019.com/>